

Ordering open times: 8:30am-4pm

MENU

Delivery open times: 9:30am-5pm

Start the day

Breakfast Baps

Local back bacon	
Local pork sausage	£3.95
Veggie sausage (v) (V)	
Mega Bap – bacon and sausage	£5.50

Smoothie Bowls **£5.00**

Intense fruit base with fuller consistency packed with nutritious toppings.
Choose from our selection... →

Pastries (fresh each day)

Croissant	£2.00
Pain au chocolat	£2.50
Pain au raisin	£2.50

Porridge Pots (gf)

(V) – options available

7 Delicious Flavours	£2.50
with free dollop of honey or fruit or granola	50p each

A little of what you fancy **£2.50**

Banana and coconut cake (V)	
Carrot cake (V)	
Malteser tiffin	
Rocky road	
Salted caramel flapjack	
Millionaire slice	
Chocolate brownie	
Triple chocolate muffin	
Lemon and white chocolate muffin	

And the rest ...

	kids	regular
Great hot chocolate	£2.00	£2.50
Sumptuous hot chocolate	£2.95	£3.95
Babyccino	£2.00	-----
Cans		£2.00
Water		£1.50
Coconut water		£2.50
Juice carton		£1.00
Crisps, Kitkat, Twix, M&Ms		£2.00

Fantastic Fruits – easing your way to five a day

Smoothie Bowls (V) **£5.00**

For extra taste and revitalisation, all served fresh in a tub.

Zing up your **Sunset** with fresh strawberry, coconut slices and dried banana and cranberries.

Make your **Sunrise** brighter with fresh blueberries, coconut slices and dried banana and mango.

A **Very Berry** is even better with fresh raspberries, chia seeds and dried banana and cranberries.

Your **Green Goddess** will be more envious with fresh raspberries, chia seeds and dried banana and goji berries.

Speed your **Recovery** with fresh strawberries and granola with dried banana and goji berries.

Strengthen your **Paddle Power** with fresh blueberries, mixed chopped nuts, and dried banana and mango.

Smoothies (V) **£4.00**

Sunrise : passionfruit, pineapple, mango, banana, vegan protein.

Rich in electrolytes aiding muscle recovery.

Sunset: papaya, pineapple, mango

Fresh taste sensation.

Green goddess : spinach, pineapple, banana, mango and lime, linseeds.

Packed with fibre, allowing a slower energy release.

Paddle power : acai, strawberry, blueberry, mango, chia seeds.

Energy giving with powerful antioxidants

Very Berry : blackcurrant, blackberry, banana and blueberry.

Dark, intense, refreshing.

Recovery : goji berries, pumpkin, carrot, orange, ginger, mango, turmeric.

Loaded with vitamin A and beta carotene.

A little more - to keep hunger at bay

Succulent Toasties **£5.95**

Cornish Croque Mister – Cornish cheddar, gouda and ham

Tuna Melt – Tuna, Cornish cheddar, gouda, mayo and spring onion

Corker – Garlic mushrooms, Cornish cheddar, chilli and spring onion (v)

Hey Pesto – Mozzarella, red pepper and green pesto (v)

Mousetrap – Cornish cheddar and gouda (v)

Porker – Cornish brie, bacon and cranberry

Fresh Wraps – all served with a vibrant mixed leaf salad **£4.95**

Chicken – Strips of succulent chicken breast, tossed in a BBQ sauce, inside a tortilla wrap.

Falafel – Moroccan inspired falafel, dressed with vegan mayo and siracha sauce, served in a pumpkin wrap. (v) (V)

Feta – Cubed feta, black olives and cherry tomato with a drizzle of balsamic vinegar in a beetroot wrap. (v)

Fabulous Flatbreads **£4.95**

Mango – Cornish cheddar, gouda, mango chutney, spring onion and green chilli. (v)

Halloumi – Halloumi slices, roasted red peppers and a drizzle of sweet chilli sauce. (v)

Buddha bowls **£7.50**

Feast on a fantastic salad with a blend of grains and veggies. (v) (V) – options available

Fantastic Fish Finger Bap **£7.95**

Chunky MSC certified gourmet fish fingers, fresh watercress and tartare in a soft potato bap. You are near the sea....

Phone
07415 727987

Whenever it's needed

Coffee

Ask for coconut, oat or soya milk if preferred – at no extra cost.

Latte, steaming hot or iced	£3.25
Cappuccino	£3.25
Flat White	£2.95
Americano, steaming hot or iced	£2.75
Espresso	£2.00
Cortado	£2.75
Macchiato	£2.45
Affogato	£3.50
Mocha	£3.25
Iced Frappe	£3.25
Vanilla, caramel, hazelnut or gingerbread syrups	50p

Teapigs Tea **£2.50**

Everyday Blend, Earl Grey, Peppermint, Mao Feng Green, Camomile or Superfruit

Beach Box Gelato

Made fresh daily in our own kitchen, gelato contains less fat, less sugar and less air than ice cream – giving a denser, creamier, more intense flavour. Treat yourself. What's not to like?

Wider range of incredible flavours at the container – flavours vary.

In tubs, chocolate, vanilla or strawberry sorbet (V) available for delivery.

1 scoop **£2.95**

2 scoops **£4.50**

Or create a stupendous milk shake (alternative milks available) **£4.00**

(V) – options available.

YOU ORDER. WE DELIVER.

Minimum spend of £20, otherwise delivery charge of £3.50 applied.

Can only call a minimum of 1 hour before your desired delivery timeslot. Pay at time of order.

No discounts can be used in deliveries

Deliveries to Polzeath beach only.

COVID 19; our beach deliveries will eliminate the need for queuing and minimise contact with others.